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a good cause**
Open mic night
raises money for
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Festival looks
to continue**
Athletic Ranger
comes again after
serious head injury
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MONDAY, JANUARY 1, 2012

CONCORDIA COLLEGE, KITCHENER, ONT.

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Ironclad resolutions

By JESSICA MARTIN

The start of another year on New Year's Eve marked the start of 2012 and off all the resolutions we made to ourselves.

Although these resolutions vary, many involve healthy eating and physical fitness. Included in each fitness student's tuition payment is a membership to the college fitness facilities, including the weight and cardio rooms.

The gym is located at the college's recreation centre and is open Monday to Friday, 7 a.m. to 11 p.m., and weekends 7 a.m. to 8 p.m.

Students can also become involved in intramural sports, participate in the men's kick-shots or the women's group fitness classes, and visit the aquatics centre. Information is available on the college's website, www.concordia.on.ca.

Students who already normally go to the rec centre may see it becomes a traffic area the next few weeks.

The spike in students seeking additional opportunities to fitness and/or health benefits may affect those who already work out at a steady basis.

John Speranza is a first-year fitness and health promotion student who already uses the college's equipment. He has not taken a break.

Working the lower body muscle groups, including glutes, quads, hamstrings and also, as far as aerobic, Speranza said,



PHOTO BY JESSICA MARTIN

John Speranza, a first-year fitness and health promotion student, works out at Concordia College's fitness facility. Speranza uses the college's weight and cardio rooms five to six days a week.

"My fitness resolution is to squat," he said, referring to an exercise that has a weighted bar put across his shoulder while he squats up and down to it, sitting in a low chair and then standing up again.

Speranza plans to start a university nutrition degree after completing his two-year program at Conestoga College and dreams of becoming a professional sports trainer.

Those who received their tubes to personal fitness can count on seeing Speranza in the college's rec centre using the weight facilities.



College not as green as it should be

By JESSICA MARTIN

If you had \$10,000 to improve the environmental status at Concordia College how would you spend the money?

That is the question Conestoga Students' 1st-year CSD board of directors are asking as they prepare to write a proposal of environmental ideas in order to receive a \$10,000 grant from Waterloo Region's environmental fund. "The college is not practicing what it is preaching at all," said Abby Ross, director of

sustainability, at the CSD meeting on Nov. 20. "Many other campuses have solar and wind energy. Conestoga is primal but has fallen behind externally and internally green off the map."

Now is the time to take environmental action.

"We need to take it on to the next level, especially since the college has a strong focus on environmental education right now. We need to start by showing that we care about the environment."

A community garden, a waterfront clean-up and

solar panels and a green wall full of plants were all ideas discussed around the table.

"The board has until Jan. 14 to finalize and hand in the proposal for a suggested type of action. In other business, CSD dues were decided to spend \$3,000 to expand the library with purchases. "The library will be coming out shortly and make sure everything flows together so that we can be efficient and effective," said CSD president Chris Dene.

The board is planning to meet with CME in January after completing a survey to help CME understand the issues.

"The workshop will be conducted in our board and what we want in our policies,

our constitution and our governance process," said Dene.

The changes to the manual would not be effective immediately.

"The full implementation of the changes our governing body and everything would have to be done. I think a plan board would start but the new board would carry on to complete the task," she said. "This year we can start with changes to the constitution, recommendations and policy changes. But as for the governance situation, it would have to start the 2013/14 year."

Open Mic for Andy's Fight raises \$1,191

By KRISTEN HOGG

First-year recreation and leisure services students are doing their part in the never ending battle against cancer and they're having fun in the process.

A fundraiser — dubbed Open Mic for Andy's Fight — was held in the Sanctuary on Dec. 1. Andy is Andy Houston, a family friend of a student in the class. Coni Smith, who was in desperate need of some help over the Christmas season. Houston is a police officer who was diagnosed with small intestine cancer and is now unable to work. With a family of four with and three kids all under the age of five, the fight against cancer will be all the more difficult especially at the financial side. So Smith and the rest of the recreation and leisure services students stepped in to do what they could to help their friend.

The \$1,191 raised by the Houston family at the fundraiser was a huge success according to Smith.

"The money is going straight to his family so they can use it for whatever they want," she said.

Students came up with the fundraising idea as their dynamics of leadership class, deciding to combine a silent auction with the open mic to create one ultimate fundraiser.

"We had to stand up in front of our class and tell what our groups were doing," said

Smith. "We decided to combine them. Now there are 28 or 30 of us that have come together and made this event happen."

The open mic portion gave Conestoga students the chance to display their musical talents. Smith took part, performing an original poem, and Paul Schwan and Bevonne Haussler sang a duet of Ed Sheeran's classic, I Put Your Picture Away.

The headliner act came from local and touring artist, Bevvy Jeanne. James used to approach people at their front door to pay the bills, but now he's becoming Canada's Billboard. Charles has hit single White Diamond.

At the silent auction, students could bid on such items as perfumes, watches, stuffed animals, pillows, a signed Ottawa Senators jersey and all the Tim Horton's merchandise you can imagine.

A raffle draw for Ranger tickets also raised money and a spontaneous Smith solo performed by the students even joined the audience in the Sanctuary.

Recreation and leisure services students kept the Christmas spirit strong throughout. Sponsored events such as Service To Grade, Bowling for Dallas and The Amazing Race @ Conestoga all strive to help less fortunate individuals in the community during the Christmas season.



First-year recreation and leisure services students cheer in a black room at their open mic fundraiser between on Dec. 1 while local up-and-coming artist, Bevvy Jeanne (below), performed in the Sanctuary for the Open Mic for Andy's Fight fundraiser.



Conestoga College shows off new wing

By KRISTEN HOGG

The Health and Life Sciences Centre, also known as the F wing, had its open house ceremony on Nov. 29.

The three floor addition of the Deep campus is over 30,000 square feet and worth \$11.8 million. Students, faculty and family were invited to visit the campus and see the hard work that a year time the facility.

There are approximately 3,400 students enrolled full time in IT programs and 800 full-time faculty members. The IT world demands progressive, professional practice and that we are innovative, connected and creative.

The expanded space is meant to be used and not easily forgotten.

The centre is designed with three types of spaces for the students: spaces for student and faculty engagement and collaboration, group rooms and classrooms for future learning as well as several learning environments.

—

I love it. It's like our own campus.

— Matt Hessecker

"It looks great," said Matt Hessecker, a first year nursing student. "We like our campus like all modern and look like a university setting."

Aside from the spacious and

learning friendly classrooms, the new F wing is equipped with a study lounge area where students can spend time quiet time.

Almost all the classrooms are video-capable, so many of the lectures and examples shown are in video format. The lecture classrooms are furnished with modular furniture, equipment such as rolling beds, high tech chairs and a sound board processing system.

"We love it, good," said Ray Myers, program assistant. "I always like to go down there, the students are making very effective progress."

"We just had morning tea today, but also presentations and respiratory therapy site visits as well, people they might be working with down the road," she said.



Conestoga College nursing students spend their time in the F-wing's lounge area, studying for finals.

Let's get networking

ENTREPRENEUR

Do you have a special idea within your province to start? The business pros do.

"Networking is one of the most important skills that people can have today in my opinion, but particularly in the business arena, it is important for people to know how to effectively communicate," said Barbara Penney, chair, School of Business and Hospitality.

On Nov. 22 the Experience Entrepreneurship program hosted an event called Let's Get Networking at the University of Guelph. It is the third of six events.

Experience Entrepreneurship is a new, free co-operative program that is designed

to enable students from across all disciplines to develop [entrepreneurial] characteristics and skills and to have short presentations involved in starting a small business.

"People from the community who believe in young people and their potential to run businesses, you have the opportunity to meet with them," said Cindy O'Brien, principal and lead administrator, admissions at The Admissions Centre. "The key for meeting people in business is making yourself to be approachable in a positive way."

Sixty students are participating in the program and in the three are 12 students registered. The program is still looking for about five more students.

Some students agreed to be

matched up with more than one student.

"The students choose what type of business they are interested in and we then matched up with a mentor that is in that area of business," said Michelle Clarke, a secondary principal business student.

If the mentor (the student) is matched with could not make it to the event, they still get to meet them at another time.

"We ask that students spend a minimum of 30 hours with their mentors over the next three months," said Penney. "This can range from office meetings to tours of their business."

Students who don't know what they want to do in the business world still come to the event.

"I'm interested in meeting people," said Nancy Moore, a secondary general business student. "I can never really say what I want to do, but I think if I meet people, I will get some ideas."

Students such as Moore may they would like to be matched up with experts in any business.

"Students take an amazing out of their personal lives and they wouldn't do this if they didn't feel strongly about it," said Julie Gilkes, academic administrator, School of Business and Hospitality. "We're excited about experiencing the growth of events since September."

The final event, which takes place at the end of Oct., is called Let's Venture, which is a pitch

competition that will involve judges, including a lot of business role models on entrepreneurship. The theme for the competition is Your Attitude Determines Your Altitude.

"We created something colourful that represents that reach for the sky theme," said Penney. "The tool our business is an engine activity that students will like and a tool not in practice - entrepreneurship, because it's exciting, just like those kinds of activities are."

Conestoga Students Inc. contributed \$5,000 toward the program. A few of the other contributors are the Ontario Ministry of Economic Development and Innovation, the Altona Association of Commerce, and the Greater Waterloo Chamber of Commerce.

LIFTING SPIRITS IN WATERLOO REGION



PHOTO BY CLAUDIO ROMEO

World champions figure skaters Jamie Sale and David Pelletier perform in The Power of the Art on Oct. 4. (Pelletier won this year's Battle of the Blades with his skating partner, Meagan Duhamel.)

TOYS AND CLOTHES FOR THE SALVATION ARMY



PHOTO BY JAKE BIRKBECK

The Kitchener and Waterloo Club of Pioneers annual 40,000+ toy and clothing drive for the Salvation Army to benefit its annual Dec. 25 at Giant Tiger in Cambridge.



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A sneak peek at sweet seats

Conestoga's interior decorating students bring life back to old chairs

By ALICEA BROWN

Conestoga's second-year interior decorating students are bringing a whole new meaning to the word *thrash*.

This is where Leslie Speroff, a professor on the program, comes up with an idea for a project for her students on which they would bring old chairs to old chairs and then再生 them off. From there, the plan expanded into a massive endeavour involving everything from iron to leather with all proceeds from the sale of the finished products going directly to the *Mothers of Waterloo*.

"We had to take an existing old chair and completely rehaul it," said Brittany Carlson, one of the students involved in the project, while perched on the crimson red companion bar stool's project. "Each one has its own element of design — ours was pattern, as we used a combination of patterns and textures in ours."

"We're selling tickets closer to the event," Speroff said and those looking at the chairs, which were displayed in the lobby at Conestoga's December 14 auction on Nov. 26 so they could be professionally photographed and used in publicity.

The event itself — titled Chair It! Date: 2012 — won't be until April 26 but planning is already well underway. Program administrator Marcy Hodges was present at the photo shoot to provide more information on what to come.

A short auction will be held by 4 p.m. the students made chairs and a live auction will be held later that day accompanied by a live auctioneer.

"Students have designed and refurbished these four basically garbage chairs," Hodges said. "They'll come up to stand on them up until the event," she added, noting that they have to be produced once. Brenda Hallinan, the mayor of Waterloo, and other high-profile people can attend.



Michelle Mekhora (from left), Danielle Bennett and Brittany Carlson, all second-year interior decorating students, sit on the chair and ottoman they designed.

Photo by ALICEA BROWN



Photo by ALICEA BROWN
Students, faculty and staff at Conestoga College's three campuses have given a purpose to chairs that were discarded by interior decorating students and will be auctioned off at a "Chairity" fundraiser in April.

MoBros and MoSistas flaunted

By ALICEA BROWN

Students got their "Mothers appreciated" at Conestoga Students Inc.'s "MoBro Bash" — a night of appreciation for all the dads — and females — who participated in the bash.

Valentines student and photo ID was required to attend the event held Nov. 10 at the Banffy Auditorium. Apples were provided and the bar was open. The event was organized by Diana Borodow, and featured the comedic acts of Trevor Horne and Eddie Delta who have performed at York York Comedy Club.

"All participants are invited to take part in our judged competition in order to win some fantastic prizes," said the event description on the CIS website.

MoBro Bash was held during November to raise funds and awareness for men's health, specifically prostate cancer.

"This was the first year we've ever done this event, and it was a great last year," said CIS president, Cammy Flynn.

There were various activities with both men judged by the audience. That was:

I The Ultimate Mo was awarded to the student who won to the effect of carrying his momma's name some time ago.

II The "Best Margarita Brother" and "Sister Competition," which was awarded to a male/female duo who resembled a brother/sister couple.

III Best Mo To Son, Daughter or Husband/Wife will be celebrating Family Day.

The holiday is on a Monday with both schools and most businesses being closed. The main purpose of the holiday is to enable people to spend more time with their families. Another reason for introducing this day was that there is no holiday between New Year's Day and Good Friday, a span of over 100 days.

The holiday has been celebrated in Ontario since 1990; but more recently introduced in Ontario's cities in 2000.

As a teenager, I think of this as a great opportunity to hang out with the family for another day and not have to worry about anything else for a day to embrace how hard everyone works.

"We're looking forward to doing this again next year, perhaps during school hours next time so you guys are there more," she said.

Celebrate Family Day

I appreciate my dad and all he's done



Jeff Borodow
President

Before passing away in 2000, Dr. Paul Borodow said, "Our most basic instinct is not to appreciate just the family. Most of us would give our own life for the survival of a family member, yet we tend to take our family for granted."

On Feb. 20 Alberta, Ontario and Saskatchewan will be celebrating Family Day.

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In my case, it's a day to remember the person I most respect in my life.

My father has had me by his side since I was born and always has a smile on his face.

He works a lot and the days are extremely strenuous but the boy is that he's on his home and always has a smile on his face.

We know she is still with us and she has left that incredible person that I am super lucky to call my dad.

Family Day can be kind of tricky. It's a day where most people just want to do as much as possible to be ready for the upcoming week, but we always find to do the big projects behind the holiday.

The government has given us day to be with our parents or children, don't hang out with others, go out and enjoy yourselves. It might be an attempt at watching a movie or going on a day trip.

Set up Family Day events that involve them and worldwide.

Being thankful is another huge aspect of Family Day. Everyone comes from a different background and has a different story. Some people are rich, some people are poor but no matter what the situation a people work extremely hard.

During the next Family Day, I challenge the staff, faculty and students of Conestoga College to embrace the holiday and try to take something from it.

Embrace that person who is most dear to you and be thankful.

Au revoir 2011

By ERIN MURKIN

The year of 2011, like its predecessors, was a year filled with calamity and diversity.

Students were too busy in school in March when earthquakes in Japan gave us a worldwide reminder involving 15,000 people.

The Arab Spring movement, which saw revolutions in Egypt and Tunisia and a Libyan civil war which ended with the capture and death of Muammar Gadhafi, only became real in North America when news that the Internet had been captured or banned reached our online discussion boards.

Most Canadians were watching or talking about the royal wedding on April 29th according to the top Google searches of 2011. With many Canadians living below the poverty line what makes an otherwise small or efficient community a family? We don't even know!

We only realized our concern for the development after Diana Poirier had her life taken away from us.

There is a larger and more profound aspect in paying attention other than the royal and human stories of the year. December 2011 Party Rock Layton, and this took everyone aback.

Many left us of dear ones lost their way in 2011, leaving leaves and compassed themselves. Some could not take the questions they can and extended themselves to the intergalactic language communicate across the planet.

George Will wrote a diverse collection of articles ranging in New York City's financial district, reported a controversial public bid idea, many even becoming violent. "George the world" was short lived but the majority of public opinion in 2011 shows that it will be remembered as an important bright point when the recessions lifted around.

Who is next in the election, where were we?

Not at the polling booth. Studies showed Canadians between the ages of 18 and 24 had a voter turnout of about 39 per cent in the 2011 federal election.

Maybe 15 billion young voters were too busy searching for Rihanna, Bluff's Friday on YouTube, while getting about 15 million likes this year.

Who then were talking about how awful her song was or how amazing it was, were you? We're talking about it. Black and less-white parents are the physical embodiment of the popular culture cause and how in 2011 money rules all.

In retrospect 2011 was a year in which we should have done better but instead we chose dissatisfaction.

The minus sign represents the position of the newspaper, not necessarily the author.

Letters are welcome

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No unsigned letters will be published. Letters should be no longer than 500 words.



Spots reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spots, 220 Queen Valley St., Room 1020, Kitchener, Ont. N2G 1E4.



With the rocky 2011 economy, Santa found business at the mall extra busy. We're hoping for a quieter 2012.

Create new habits and achieve your resolution

If you really want to change
you'll have to work at it

As we enter 2012, more than half of the population has made a promise to themselves to succeed in their New Year's resolutions.

According to the journal of Clinical Psychology, about 80 per cent of people make these commitments each year.

The top resolutions include quitting smoking, weight loss, increased exercise, but my money management, and to get out of debt.

Although almost everyone starts out with good intentions and a clear view of the road they'd like to follow, the most inspiring fails short of these targets.

Resolutions are a form of cultural transmission," as turned by Timothy Pychyl, a professor of psychology at



Rachel Hartley
Opinion

Carleton University. In other words, people use cancer the new year as a way to motivate themselves and their peers. A date on the calendar is not going to coax you to go to the gym or eat an apple tomorrow; you have to work hard to achieve your goal.

The challenge is not only being specific or choosing your resolutions, but planning it out. Being unwilling to can not only causes you to fail, but it can be dangerous to your self-esteem. People may think that after less 10 pounds or pay off their loans their entire life will change. When it doesn't, it can lead to disengagement and cause them to fall back to old habits.

If you're not ready to change your bad habits to make room for new ones, your unrealistic goals and expectations are going to fail – another year another unmet resolution.

If you're serious about your resolutions, you have to focus on one behavior and use that as a stepping stone.

Otherwise, don't take your self too seriously. After all, there's always another new year.

SPOKE

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**HOROSCOPE**

Print of Jan. 5, 2012

**Aries**
March 21 - April 19**Libra**
September 23 - October 22

Given a white-morning feather means along that change everything you'll experience that this year. Don't miss that opportunity.

Taurus
April 20 - May 20**Scorpio**
October 23 - November 21

Remember, in order for something new to start our lives, things must end. Though it may seem painful at the time, change is good.

Gemini
May 22 - June 21**Sagittarius**
November 22 - December 21

You will have a friend that you care for very much this year; don't dwell on it too much. Things always have a way of working out in the end.

Cancer
June 22 - July 22**Capricorn**
December 23 - January 19

You will learn more from failure than you ever will from success, learn that lesson now and this year will be far easier for you.

Leo
July 23 - August 22**Aquarius**
January 20 - February 18

Request only a home that you care, and remember that this year, You'll just say everything a lot of things this year but that also means that you care.



Anything may have its risks, try taking the hard route now in a while this year, the rewards will pay off immensely.

Virgo
August 23 - September 22**Pisces**
February 19 - March 20

Laws and anger are the furthest from each other; get ready to see them for some time stretch back and forth for reasons when always around you.



The biggest mistake that someone can make is realizing that they've made one but are too stubborn to fix it. Don't let that stubbornness hold you back.

Jeanne Whisman is the resident astrologist who has passed into the abyss and now it's going back for the last time, causing the universe to unfold before him.



Conestoga offers free training in trades

By MARIA DIBBLEY

Conestoga College is offering 24 hourly students interested in trades a free education.

Funded by the Government of Ontario, the college is accepting applicants for their two new pre-apprenticeship programs: general machinist and pre-apprenticeship general machinist.

The pre-apprenticeship general machinist program, offered at the Doon campus, will give students a great introduction to the trades such as general machine, machine tool builder/integrator, metal and steel and the market.

The program will take 22 days and it has eight weeks of work placement integrated in the program.

The second program, pre-apprenticeship commercial vehicle and equipment technician, which will be held at the Guelph campus, also runs for 22 days and has eight weeks of work experience integrated.

This program will train its students for trailer sales or heavy-duty equipment, truck and auto, power lift truck and forklift equipment technician.

"I think it's a good idea," said Alastair James, a mechanical and industrial construction engineering technologies student. "The people that like those trades have a great opportunity ahead of them, especially if they come from low income families."

For more information, contact Karen Gortz at 519-885-2200, ext. 5003 (Guelph) or 519-885-2240, ext. 5240 (Doon), or email Gortz at kgortz@conestoga.ca or

Here's the simple secret to your pursuit of happiness

Hint: It involves the little things

Spread a little joy and smile someone's smile today.

It sounds like a pretty easy thing to do, but it's a meaningful way anyone can do; how often do we think about what can make someone's day?

All of last month's Christmas cheer was overwhelming with cheer and happiness. However, it shouldn't be just for the holidays. Every day should be Christmas. There should always be moments that make us feel excited, relaxed and energized.

It should be Valentine's Day, Mother's Day, Father's Day and all the days that celebrate someone that



**Marissa
Monks
Opinion**

cares about, but that shouldn't take over your life. It's productivity, and sometimes we just want to...

Everyone is focused on what makes their job difficult rather than the small things.

Relationships with other people make us happy. When we're with our friends, we become ourselves. We learn about who we are, our strengths and weaknesses. Christmas makes us happy, so if we surround ourselves with positive energy you will be feeling better too.

The practice of happiness is like a road; it's a long journey to your destination but the many stops and turns

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The practice of happiness is like a road; it's a long journey to your destination but the many stops and turns

Ski for Life offers gear and lessons Classes held on Jan. 14, Feb. 1 and 22

By KARENNE BELLAVERA

Have you ever wanted to learn how to ski without the hassle of having to buy all the equipment?

Ski for Life, a local company specializing in recreational ski training, is offering just that. Starting on January 7, they are offering free ski equipment, when a lesson is booked. There will even \$20 for adults for a half day and \$10 for children under 16.

The lessons are suitable for people between the ages of nine and 60. Ski for Life instructor Dan McNamee said that it's just him and his wife, Jane, giving their time to the community.

"We are just trying to help people learn the sport. There is a child not involved. A lot of people are not aware of that, and just end up walking on their skis."

McNamee said it's usually just learning the fundamentals,

"to walk past in a line then turn around, and then people can go to Laurel Creek and rent skis for \$10 and apply the skills we have given them."

The lessons will take place between 11 a.m. and 2 p.m., and will be on Jan. 14, Feb. 1 and Feb. 22 at Park of Peaks in Guelph. For more information, you can email Skiforlife.ca or phone Dan McNamee at 519-832-5100.

